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# Diabetes Life Lines



A newsletter from your County Extension Office  
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## Getting Active in 2011

What is your New Year' resolution? Is it to get more physically active in 2011? How can you ensure that you will fulfill that promise to yourself? Have you thought about creating a Physical Activity Action Plan?

Writing this plan down in a notebook or on your computer may help you to find a clear path toward your fitness future.

- First, write down all the reasons you want to be more active. Put this list in a place where you will see it daily. A good place is on the refrigerator or near the mirror you use each morning.
- Second, list all the reasons you have not been active in the past. Next to each barrier, list one or more realistic ways to

overcome that stumbling block. If you cannot think of a solution, ask other people who are active how they do it.

- Third, write down all the various activities you might be willing to do. Even consider ones you have not done before that sound interesting. Having several to choose from will prevent you from burning out on just one.
- Next, list people who can support you in this effort. It may be someone who can walk with you at work or a buddy who can join you on a tennis team. You may even want to hire a personal trainer to give you an individual fitness program to motivate you.
- Then set up a realistic schedule. You don't have to do all the activity at one time nor does it always have to be structured exercise. It can be both planned workouts and increased daily activity. For example, you could plan to ride 15 minutes on a stationary bike in the morning, walk a half a mile to a park to eat lunch and then lift hand



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weights while watching TV at night.

- Keep a record of what you do. It does not have to be fancy. Just jot it down on your calendar each day. Set little goals each week until you get to the intensity of exercise and length of time for each session you can sustain. Then you will see your progress and feel good about yourself.
- Plan your day around your physical activity and not your activity around your day. If you make physical activity a priority, you will be more likely to do it. You may even notice you have more energy to deal with the rest of your day.

If you have not been active regularly until now, do **less** than you think you can at first. If you overdo, you will just get sore and want to quit. Increase the time and intensity gradually so you will feel good about your effort and not dread the next workout.

## Help to Improve Your Food Choices in 2011



Many people want a computerized food data base so they can get information about the nutrition content

of the food they eat. In the past, these computer programs were expensive to purchase. Now some on-line programs are free and pretty easy to use. One made especially for people with diabetes is called **MyFoodAdvisor™**.

MyFoodAdvisor™ is available on the American Diabetes Association (ADA) website at [www.diabetes.org](http://www.diabetes.org). On the home page, you will see a menu of options across the top. Select “Food and Fitness” and under the category “Food,” you will see MyFoodAdvisor™ listed. Click on it and you will see a small picture of the MyFoodAdvisor™ web site. Once you click on that, you will be able to use the different functions of MyFoodAdvisor™.

There are four sections on the web site:

**Explore Foods** allows you to compare similar ingredients you might use in a recipe so you can choose the one with the lowest calories, saturated fat, carbohydrate and sodium or the highest fiber. You can also explore individual foods you normally consume and see how they fit into your meal plan or search for all the foods that have a certain level of calories, saturated fat, carbohydrate, sodium or fiber in the database. For example, you might look for all the foods that have less

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than 300 milligrams of sodium and that have at least 5 grams of fiber.

**Recipes** permits you to browse a collection of recipes by recipe category such as appetizers or desserts or search for a specific recipe you want. Many of the recipes are from ADA cookbooks. For each recipe, the nutrition information is provided

along with the diabetic exchanges for one serving. Each serving is based on 15 grams of carbohydrate. Many recipes give recommendations



for how they can be adapted and offer preparation tips to make sure the products turn out well. You can save the recipes you want in a personal recipe box on the web site.

**Create a Dish** allows you to analyze one of your favorite recipes for its nutrition content. If a particular ingredient is higher in calories, saturated fat or sodium than you desire, you can search for a healthier alternative. You will get the nutrition information for 22 nutrients including potassium and phosphorus which many people with kidney disease need to know. Once you get a recipe the way you want, then you can save it for future use. You can also create a

shopping list for the ingredients in the recipe.

**My Food Advisor** is a special section where you can set up goals for your calories, saturated fat, carbohydrate, sodium and fiber intake and then compare your actual food intake to those goals. You can then see how well you met your targets not only for that day, but for the last seven days. If you are not familiar with food data bases, it may take a few minutes to figure out how to use the site. You will find that sometimes you need to be more general about your food entries to get the results you want. For example, the program will tell you that there are no matches for brown rice, but if you type in just rice, you will get a whole list of different types of rice including brown rice. Also a half cup of food must be entered as .5 cups and not ½ cup and a fourth cup must be entered as .25 cups. Similarly recipes will list a half cup of an ingredient as .5 cups or a fourth cup as .25 cups. Once you get use to these differences though, you will probably find the web site very useful.



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## A Resource for Getting More Active From the National Institute on Aging

If you want to learn more about getting physically active, the National Institute on Aging has a colorful publication called *Your Everyday Guide from the National Institute on Aging: Exercise and Physical Activity*. The publication has seven easy-to-read and entertaining chapters:

**Chapter 1: Get Ready** talks about why exercise and physical activity will benefit you. It also explains the different exercises you might want to do.

**Chapter 2: Get Set** reviews your current activity level and helps you to set short- and long-term goals to get more active.

**Chapter 3: Go!** explains how to get more active safely and gives tips on getting started. It also has ideas about how to stick to your plan and what to do to get back on track if you stop exercising for some reason.

**Chapter 4: Sample Exercises** provides specific exercises to improve balance, strength and flexibility. The exercises are explained clearly with beautiful pictures.



**Chapter 5: How Am I Doing?** describes some simple tests that you can do to see how much you have improved your balance, strength, endurance and flexibility as you become more active.

**Chapter 6: Healthy Eating** offers tips about eating more nutritious food, drinking enough fluid, choosing healthier meals when eating out and taking dietary supplements.

**Chapter 7: Keeping Going** has worksheets to record your progress and answers common questions you might have about getting more active. It also lists resources from other organizations if you want to learn more about physical activity.

Once you have been more active for at least a month, you can send in a post card to the National Institute on Aging. They will then send you a certificate to recognize your commitment to good health. To get your FREE copy of this attractive and informative book or to read it on-line, go to <http://www.nia.nih.gov/HealthInformation/Publications/> If you cannot access it on-line, call 1-800-222-2225 to order.

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## Want To Share a Tip on Handling Diabetes?

*The Better Homes and Garden's Diabetic Living Magazine* is looking for tips on handling diabetes from the experts that know the most –YOU! They are starting a new column which will feature these tips in each of their issues. An example of a tip you might offer is “I brush my teeth right after eating so I don’t nibble while putting leftovers away.”

If they use your tip that you send in, they will pay you \$25. Email your tips to [diabeticliving@meredith.com](mailto:diabeticliving@meredith.com) with “Reader Tip” in the subject line. You may get recognition for your ideas and a little extra spending money as well.



**Newsletter Contributors:**

Connie Crawley, MS, RD, LD, Extension Nutrition and Health Specialist, Writer and Editor

**Editorial Board:**

Jenny Grimm, RN, MSN, CDE, Medical College of Georgia

Ian C. Herskowitz, MD, CDE, FACE, Medical College of Georgia

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## Recipe Corner

### Fresh Spinach Salad

#### Dressing:

¼ cup peanut oil  
3 tablespoons rice vinegar  
1 ½ tablespoons granulated artificial sweetener  
1 teaspoon sesame oil  
1 tablespoon reduced sodium soy sauce  
¾ teaspoon grated ginger root

#### Salad:

6 ounce bag of spinach leaves  
1 11-ounce can mandarin oranges, drained  
½ cup sliced water chestnuts  
2 4-ounce skinless chicken breasts, cooked and diced  
¼ cup sliced green onion  
¼ cups slivered almonds

1. Whisk together all the ingredients for the dressing and store in a tight-fitting container in the refrigerator for at least one hour.
2. Put spinach in salad bowl. Top with remaining ingredients except the almonds.
3. Toast the almonds in a small frying pan until lightly brown. Stir constantly.
4. Top salad with cooled almonds. Chill.
5. Put salad dressing on salad when ready to serve.

Servings: 8

#### Nutrient analysis:

Calories: 164	Carbohydrates: 6 grams	Protein: 11 grams
Fat: 10 grams	Saturated fat: 2 grams	Cholesterol: 26 milligrams
Sodium: 130 milligrams		Fiber: 1.5 grams

Exchanges: 2 lean meat, 2 fats and 1 vegetable

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# The University of Georgia

## Cooperative Extension

College of Agricultural and Environmental Sciences / Athens, Georgia 30602-4356

Dear Friend,

*Diabetes Life Lines* is a bi-monthly publication sent to you by your local county Extension agent.

It is written by Food and Nutrition Specialists at the University of Georgia, College of Family and Consumer Sciences. This newsletter brings you the latest information on diabetes, nutrition, the diabetic exchange system, recipes, and important events.

If you would like more information, please contact your local county Extension office.

Yours truly,

County Extension Agent

Connie Crawley, Principal Writer

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Scott Angle, Dean and Director

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College of Agricultural  
and Environmental Sciences  
Athens, GA 30602

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